

MRS. WILSON'S COLD DISHES NICE FOR SUNDAY'S MEALS

Cold Spiced Beef With Potato Salad, and Pineapple Tapioca for Dessert, Makes a Wholesome, Appetizing Dinner

By MRS. M. A. WILSON (Copyright, 1920, by Mrs. M. A. Wilson. All rights reserved.)

MANY families who are not able to leave town for the summer vacation often complain that even though they were able to leave the city the crowded conditions at the various nearby resorts made it unpleasant.

Summer heat quickly spoils the vitality of people who toil in the heated cities, unless the food is of such a character as will refresh, invigorate and repair the bodily tissue.

Heat-producing foods should be strictly taboo until the fall; substitute the cool vegetables and fruits and if the family food that they need something more than that, add esserts made of fresh fruits.

It is possible for the home maker to have the home cool, dainty and attractive, and provide palatable food for the family, with little real effort.

Eliminate as much as possible all the heavy draperies, rugs and bric-a-brac that need so much constant dusting.

Cover the floors with grass or rag rugs and then cover the furniture with chintz and calico coverings.

It is impossible to enjoy food on a hot day in a stuffy dining room that has a buffet overloaded with dust-catching dishes. Try putting these things away and having a single dish with a few flowers—even though they be but wax-side weeds.

So in planning three meals for Sunday, we will try various cold dishes, which, if the day turns out to be rainy, may be quickly changed to hot ones.

SUGGESTIVE MENU FOR SUNDAY

BREAKFAST

- Cantaloupe Creamed Beef on Toast Garnished with Finely Minced Peppers Radishes Coffee

DINNER

- Raspberry Cocktail Radishes Cold Sliced Spiced Beef Potato Salad String Beans Tomato Salad Iced Coffee

SUPPER

- Country Cheese, Nut and Lettuce Sandwiches Potato Salad Garnished With Sliced Tomatoes Sliced Peaches Layer Cake Ice Tea

Raspberry Cocktail

- Wash the berries and then place in a saucepan and add Six tablespoons of sugar, One and one-half cups of water, Cook until the berries are soft and then rub through a fine sieve and turn into a jar or pitcher and chill. Serve ice cold in sherbet or cocktail glasses.

Spiced Beef

- Wipe two pounds of shin beef and then tie in shape. Boil in four and-a-half hours in hot fat. Lift to a saucepan and add Two cups of boiling water, One-half cup of sliced onions, One teaspoon of poultry seasoning, One-half cup of vinegar.

Mrs. Wilson's Menu Contest

My Dear Mrs. Wilson—My menu for the contest is the following:

- MELROSE PARK PA. Fresh Chopped Beef, Brown Gravy Baked New Potatoes, Fresh Peas, Bread and Butter, Coffee, Cucumber Salad, Chocolate Pudding.

Fried meats are not permitted in this contest. Otherwise this is a splendidly planned menu. Try again and use something to replace the steak.

My Dear Mrs. Wilson—Please accept this menu for consideration: MRS. P. D. F.

- Cream of Tomato Soup Rice Baked with Peppers and Tomatoes Asparagus on Toast Lettuce with French Dressing Bread and Butter Tea

This menu is nicely planned, but the market list does not contain sufficient food for four people.

My Dear Mrs. Wilson—I would like to submit the following menu: MRS. A. M.

- Hamburg Steak

500 REFRIGERATORS

- \$15.00 \$25.00 Genuine Ashwood 3 Door, White Lined, White Linoleum, Genuine Ashwood

FEINSTEIN STORAGE CO. S. E. Cor. 9th & Spring Garden Sts. Open Even. Free Auto Delivery

Horlick's Malted Milk

Safe Milk For Infants & Invalids No Cooking

A Nutritious Diet for All Ages Quick Lunch at Home or Office Avoid Substitutes and Substitutes

Made by Postum Cereal Co., Inc. Battle Creek, Michigan

"There's a Reason"

As their table beverage, seldom change back to coffee. There frequently follows such a gain in health that this comfort, together with Postum's satisfying flavor, makes the change a permanent one.

If you have not started using Postum, why not order a package from your grocer?

32c a lb.

500 lbs. Table Butter 59c lb. Fancy

STEWING CHICKENS 44c lb.

Honor List

Ida K. Hammon Lansdowne, Pa.

- Menu Veal Croquettes Creamed Onion Tomatoes and Lettuce Salad Cherry Pie Bread and Butter Coffee or Iced Tea

SALES SLIP

- 1 pound veal \$.30 1 cup white sauce06 1 quart potatoes12 1 quart onions05 Cream sauce02 Lettuce02 Tomatoes10 Dressing13 Cherries10 Flour09 Butter07 Breadcrumbs07 Iced tea10 Tea02 Seasoning02 Total \$1.40

P. C. Duncan, Nineteenth and Seageley avenue

- Menu Brisket of Beef With Vegetables Salad of Lettuce, Cucumbers and Scallions Bread and Butter Coffee

SALES SLIP

- 1 1/2 pounds beef, at 20 cents \$.30 1 bunch carrots10 1 tomato15 One-eighth pound potatoes09 3 bunches scallions10 Lettuce08 Cucumber03 Vinegar03 One-half can milk07 Bacon ground beef12 Egg05 Cup sour cream03 Spoon lard04 One-quarter loaf butter04 One-eighth pound coffee02 Total \$1.41

Mrs. Hubert S. Stees Beverly, N. J.

- Menu Veal on Casserole With Brown Gravy Steamed Rice Creamed Fresh Peas Potato Salad Cake With Lemon Filling Iced Tea

SALES SLIP

- Veal (from knuckle) \$.50 One-half green pepper02 Onion02 Flour01 Bacon dripping01 Rice10 Peas (one-quarter pound)17 Cup sour cream03 Lettuce06 Cabbage02 French dressing02 Cake15 Milk04 Lemon filling04 Tea02 Sugar02 Bread (one-half large loaf)08 Butter02 Total \$1.50

The Woman's Exchange

To a Daily Reader

If you will send me a self-addressed stamped envelope, I will be glad to send you a list of syndicates which you can send your short story. Did you notice the answer to the letter like yours in the column? Short stories are not bought from the writer to appear in the EVENING PUBLIC LEDGER. They are furnished by a syndicate, and you send your work to a syndicate agent. It may appear in this paper. Send me your address and I will send you the list and tell you how to submit your manuscript.

A Talented Little Girl

To the Editor of Woman's Page: Dear Madam—Would you kindly tell me if there is a school of dancing where they give free instructions to talented children? Next to our home lives a very poor family with several children, of which one, the youngest, eight years of age, a little girl, has great talent for dancing. In fact I think her a little genius. But, unfortunately the father, who is a sick man, cannot afford to pay for lessons. You have helped so many others that I thought you might be interested in this case and help with your wise information. J. P. Tides are classes in esthetic dancing, which is the kind this little girl would need. I should think, at the various neighborhood houses, most of them are free or else they charge a very small sum, just a few cents, for each lesson. Many of the young ladies are over now until the fall, but the houses are open and you could go there and make arrangements now as to the time to take some lessons in the fall. The Reed Street Neighborhood House, Reed and Beulah streets, would be the nearest. If you think, or the College Settlement House, 433 Christian street. Then there is the Neighborhood Center, 428 Bainbridge street, where lessons in dancing are also given. I am sure you will be able to get the little girl into one of these classes, and I hope she will come up to your expectations. If she has the talent it really should be cultivated, and it is very kind of you to take such an interest in her.

It Washes Well



Courtesy of J. A. Miel Co.

Yes, isn't it good-looking? If you haven't time to knit a sweater before you go away, why not buy or make one of these? They look just as well, they are very becoming and they wash beautifully. The material is white flannel, the collar of this one is of white chiffon, while the narrow fringe gives a distinctive note to the edge of the "sweater," the collar and the long scarf belt.

Adventures With a Purse

EVERYBODY knows that the best way to make iced tea, if one does not mind the expense, is to pour the hot tea right over the ice. And while one may not care to be that extravagant for every-day purposes, one might like to make it that way for afternoon tea when company comes. And, of course, the smartest way to make hot tea is with a tea ball, after which lengthy introduction, I shall proceed to the matter in hand and tell you of the amusing little tea balls one shop has. They look for all the world like jolly fat little tea pots, in some kind of silver-finish material. Sure enough, there is the pompous-looking spout and the boastful finial, and the lid of the teapot set at the most respectful angle, but the matter just measures scarcely an inch wide by an inch in height. They make mighty cunning little tea balls and would incidentally make a shower gift that nine cases out of ten would not be duplicated. Their price is \$1.

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For names of Cuticura Soap and Fragrant Talcum, address: Cuticura Laboratories, Dept. 2, 140 State Street, Boston, U.S.A.

Please Tell Me What to Do

By CYNTHIA

No Further Advice to Give Ambitious—You have written Cynthia the same story several times and she has answered you carefully. She has no further advice to give on that matter. You are evidently very young in any case, and so can afford to wait a long time before choosing your life partner. As you do not care for the other girl you should be ashamed to make love to her and should stop making engagements with her immediately.

Protests Paint and Powder

Dear Cynthia—This letter is written to the two girls signing themselves "On the Road to an A. B." To form a companionship between members of the same sex neither person should continually show his superiority, if there is any, over the other. As soon as this happens the other person soon begins to look for another chum. If this is so between members of the same sex how much more so is it between members of the opposite sex, especially when the lording comes from the woman's side. If you are like the girl who recently wrote in to this column that she beats the men in every (7) argument and then wanted to know why she wasn't popular with the men, why you had better get wise to yourselves. You are not popular with the boys because of your attitude as a girl. But as far as the family is concerned, you can say whether or not the educated or the uneducated light and thoughtless girl will make the better wife and mother? So far I have taken it for granted that the reason you are not popular with the boys is because of your attitude as a result of your own making. The fault may be somewhere else, so do as Cynthia says and do a bit of self-examination. "SPARKS."

The Question Corner

Today's Inquiries

- 1. In cutting flowers in the garden, what should be done to make them last longer in the vase? 2. What color is in vogue for hats, waists and various accessories? 3. How is a good bleach for the nails made? 4. Describe a pretty tea-table accessory for protecting food against flies and insects on the porch. 5. What is the newest shade of blue that is used for sweaters and hats? 6. In what attractive way are pockets of white made on a rose-colored organdy dress?

Yesterday's Answers

- 1. Wiping a carpet with a damp cloth after sweeping will remove more dust and freshen the carpet. 2. A round brush with short bristles should always be used for stretching. 3. Brown organdy is used a great deal this year for dresses and trimming. 4. White shoes that are stained can be given a temporary cleaning with magnesia which will do until there is time to whiten them. 5. Adding borax to the last rinse water will give the proper dressing to the color after it is washed. 6. A convenient table on which to bathe a young baby is a folding one with pockets on the sides for powder, brushes, etc.

Wife's Answer

W. M.—Cynthia is sorry to refuse, but she cannot bring about introductions through the column.

In London Today

College women from many lands, including the United States and Canada, are to gather in London today for an international convention, which will have for its object the fostering of friendly relations between the nations and a spirit of co-operation through interchange of scholarships and lectureships.

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SHE 'LOVES HIM VERY DEARLY' AND SHE ONLY SAW HIM ONCE

She Is Sixteen and a Firm Believer in Love at First Sight. She Doesn't Like to Be Told That She'll Get Over It.

"I MET him at a dance and he danced with me several times," she writes. "And then he asked me if he could walk home with me. Now, I have not seen this young man since. I love him very dearly, and I should like to have him as a friend. How would you advise me to find him again as I do not know his address?"

What a tragedy it is, this sixteen-year-old "love." The "young man" has probably forgotten what she looks like and tomorrow evening he will probably be walking home with some other girl after dancing with her several times. He would probably be the most surprised young man in the world if somebody told him that pretty little girl with the dimple in her chin was "in love" with him. He might even be embarrassed, if such a thing is possible with the composed young men of today.

Love at first sight is a fact. It does happen. Many marriages resulting from it have been entirely happy. But so many times it hasn't happened when a pretty little sixteen-year-old with a dimple in her chin thinks it has. That delightful feeling that comes over her at the remembrance of that fox-trot, and the tones of "his" voice when he said, "Listen, I'd like to walk home with you tonight," may be only gratification. It is so gratifying, you know, to have a "him" dance with you several times and then ask if he may see you safely home. To think that he should really care whether you get safely home! Yes, it's all very gratifying when you are sixteen and have a dimple in your chin.

OLDER people laugh sometimes and say: "Where do these youngsters get such foolish ideas? In love—and

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Ask your grocer

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Morning Sip Goes Twice as Far Because It Is Tin Packed

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It is because Morning Sip Coffee is packed in tightly sealed tins that it requires only half the usual amount you now use. All the flavor is kept in Morning Sip Coffee. That is why there is an actual saving in money every time you buy Morning Sip. You are always sure of getting Morning Sip Coffee fresh—it sells so fast that your grocer is regularly receiving a fresh supply.

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MORNING SIP COFFEE

Packed in tin to keep the flavor in. Roasted and Packed by Alex. Sheppard & Sons, Inc. Philadelphia, Pa.

Rittenhouse Penny Profit Meat Store 60th and Market St.

MEAT PRICES DROP!

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STEAK MEATS All Kinds 32c a lb.

Best Cuts Rib Roast 32c lb. Best Cuts Chuck Roast 26c lb.

Nice Lean Rolled Pot Roast 24c lb. Nice Lean Brisket 12 1/2c lb. Stewing Beef 12c lb.

Freshly Ground Hamburg Steak 22c-lb.

Here Are Ham Bargains Worth Some Coming For

Regular Hams (8 to 12) 38c | Picnic Hams (6 lbs. average) 24c | Skinback Hams (8 to 12) 38c | Cottage Hams (2 to 4 lbs.) 42c

BACON PRICES TUMBLE, TOO! 32c a lb. This is Nice, Lean, Boneless Bacon Cut in 2 to 4 lb. Pieces

A FEW PORK PRICES SLIP, TOO

Shoulder Pork (City Dressed) 28c | Shoulder Pork (Picnic Style) 23c | Loin Roast Pork (Rib End) 28c | Fresh Hams (Whole or Cut) 38c

EGG! EGG! Prices Drop To 48c doz. YEARLING PRICES ON THE TOBAGGAN

French Yearling Chops 35c | Loin Yearling Chops 38c | Lean Rib Yearling Chops 28c | Breast Yearling 10c | Shoulders Yearling 24c lb.

500 lbs. Table Butter 59c lb. Fancy

Tons of Pure LARD 24c lb.

STEWING CHICKENS 44c lb. Nut Margarine 32c lb. Oleomargarine 39c lb.